

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE CHRISTIAN CENTER

807 S. 14th STREET

FOR CURBSIDE PICK-UP

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MyPlate.gov find us on facebook	Tuna Salad ¹ Whole Grain Bread Marinated Veggies Pretzels Snickerdoodle Cookie Applesauce	Asian Chicken Salad ² <i>Grilled Chicken, Mixed Greens Mandarin Oranges, Vinaigrette Chow Mein Noodles, Almonds</i> Poppy Seed Roll Fruit Punch Fruit Fluff	Submarine Sandwich ³ w/Lettuce & Tomato Rainbow Coleslaw Pickle Spear Banana Chocolate Pudding	Egg Salad ⁴ Marble Rye Bread Marinated Bean Salad Broccoli Sun Chips Orange
Shaved Ham on Wheat ⁷ w/Mustard Marinated Carrot Salad American Potato Salad Rice Krispie Treat Apple	Sliced Turkey ⁸ Mayo Sesame Bun Cauliflower Red Cabbage Slaw Apple Juice Blueberry Yogurt	Chef Salad ⁹ <i>Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato Croutons, Ranch</i> 7-Grain Bread Cottage Cheese Chilled Peaches	Chicken & Cheese ¹⁰ Tortilla Wrap Black Bean Salad Carrots Mandarin Oranges w/Pineapple Lorna Doone Cookies	Roast Beef ¹¹ w/Horseradish Sauce Kaiser Roll Pea & Cheese Salad Juice Fruit Cocktail Oatmeal Raisin Cookie
VALENTINE'S DAY ¹⁴ Cheddar & Swiss Wheat Bread Cherry Tomatoes Broccoli Salad Orange Juice Valentine's Day Treat	Spring Primary Election ¹⁵ Peanut Butter & Jelly English Muffin Kidney Bean Salad String Cheese Granola Bar Diced Pears	Turkey BLT Salad ¹⁶ <i>Chopped Turkey, Bacon Romaine, Tomato, Cheese Ranch Dressing</i> Bran Muffin Cinnamon Apple Slices Orange Jello	Tuscan Tortellini Salad ¹⁷ <i>Cheese Tortellini, Spinach Pepperoni, Salami, Olives Mozzarella, Parmesan</i> Vienna Bread Chocolate Chip Cookie Grapes	Ham Salad ¹⁸ Rye Bread Pasta Salad Baby Carrots Sugar Cookie Banana
Roast Beef ²¹ Wheat w/Mustard Marinated Bean Salad French Potato Salad Banana Peanut Butter Cookie	Chicken Salad ²² Sourdough Bread Broccoli Slaw Pickled Beets Pretzels Dutch Apple Pie	Big Mac Salad ²³ <i>Ground Beef, Romaine Onion, Pickle, Cheddar 1,000 Island Dressing</i> Crusty Roll Cran-Apple Juice Clementine	Chicken Fajita Salad ²⁴ with Black Beans Tortilla Chips Tropical Fruit Cocktail Iced-Banana Cake	Tuna Salad ²⁵ Italian Bread Tossed Salad/Dressing w/Grape Tomatoes Fresh Pear Cereal Bar
Turkey Salad ²⁸ 7-Grain Bread Carrot Raisin Salad String Cheese Pineapple Tidbits Graham Crackers	<div> <div> <h2>RESERVATIONS REQUIRED</h2> <p> 24-Hours Prior CALL SITE</p> <h1>414-902-5384</h1> </div> <div> <p>Suggested Contribution</p> <h2>\$3.00</h2> <p>60+</p> </div> </div>			

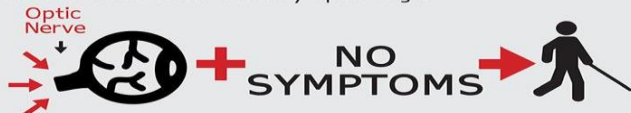
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Glaucoma

What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



What are the numbers?

2.7 million people
in the U.S. have **glaucoma**



50%
KNOW

50%
DON'T KNOW

By **2030**,
4.2 million people
in the U.S. will have **glaucoma**



Who's at higher risk?

African Americans 40+
Everyone 60+
especially **Mexican Americans**



**with a
Family history of glaucoma**

What to do?



Get a comprehensive
dilated eye exam
every 1-2 years

Early detection and
treatment can help
save your sight



Where can I learn more?



Visit

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



How can you focus on your vision?

If you are 40 or older,
have a comprehensive
dilated eye exam
every 1 to 2
years.

MORE THAN
520,000
AFRICAN AMERICANS
HAVE GLAUCOMA.

MAY EXCEED
860,000
BY 2030

HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

1 Get regular
comprehensive
dilated eye exams.

5 Control your
diabetes.

2 Know your
family's eye
health history.

6 Quit smoking
or never start.

3 Maintain a
healthy weight.

7 Wear sunglasses
when outside.

4 Eat a nutritious
diet.

8 Wear protective
eyewear.

For more information about eye health, visit
www.nei.nih.gov/glaucoma

